



HEALTH SCORE

65%

Nori Ahi with Soy-Mustard-Port Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds thick ahi tuna
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon heavy cream
- ☐ 1 cup nori furikake (Japanese seasoning mix, see below)
- ☐ 0.5 cup port wine
- ☐ 0.3 cup soya sauce

- ☐ 1 cup butter unsalted cut into pieces
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup miso white

Equipment


- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Whisk together mustard and soy sauce in a small bowl. Bring vinegar, red wine, and port to a boil in a saucepan over medium-high heat. Cook 10 minutes or until liquid is reduced to 1/2 cup. Reduce heat to medium-low; add mustard mixture and cream. Simmer 3 minutes, stirring occasionally. Reduce heat to low; whisk in butter, 1 piece at a time.
- ☐ Pour through a fine wire-mesh strainer into a bowl; keep warm.
- ☐ Process nori furikake in a food processor until finely ground.
- ☐ Transfer to a shallow dish.
- ☐ Cut fish into 6 (2" x 2" x 8") loins.
- ☐ Spread a thin layer of miso all over loins; dredge in ground nori furikake.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat until hot.
- ☐ Add 2 tuna loins, and cook 1 to 2 minutes on each side or to desired degree of doneness. Repeat with remaining oil and tuna. Slice fish; serve with sauce.
- ☐ Nori furikake is a Japanese seasoning mix that includes seaweed and sesame seeds, and commonly jazzes up rice, soups, pasta, and eggs.

Nutrition Facts



 **PROTEIN 22.7%**  **FAT 55.35%**  **CARBS 21.95%**

Properties

Glycemic Index:27.17, Glycemic Load:7.13, Inflammation Score:-10, Nutrition Score:57.985652161681%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Malvidin: 24.21mg, Malvidin: 24.21mg, Malvidin: 24.21mg, Malvidin: 24.21mg Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 825.03kcal (41.25%), Fat: 50.72g (78.03%), Saturated Fat: 24.06g (150.39%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 25.35g (9.22%), Sugar: 8.06g (8.95%), Cholesterol: 141.62mg (47.21%), Sodium: 2479.64mg (107.81%), Alcohol: 5.16g (100%), Alcohol %: 1.83% (100%), Protein: 46.79g (93.58%), Vitamin K: 274.01µg (260.97%), Vitamin B12: 14.36µg (239.38%), Manganese: 2.53mg (126.46%), Vitamin A: 5003.27IU (100.07%), Iron: 17.78mg (98.78%), Selenium: 65.5µg (93.58%), Fiber: 19.91g (79.62%), Vitamin B3: 15.85mg (79.25%), Calcium: 693.79mg (69.38%), Vitamin E: 10.22mg (68.15%), Vitamin D: 9.23µg (61.51%), Vitamin B6: 1.22mg (61.09%), Phosphorus: 557.13mg (55.71%), Magnesium: 218.58mg (54.64%), Vitamin B2: 0.74mg (43.5%), Vitamin B1: 0.52mg (34.46%), Copper: 0.61mg (30.68%), Potassium: 1057.1mg (30.2%), Folate: 109.13µg (27.28%), Vitamin B5: 2.24mg (22.43%), Zinc: 3.33mg (22.23%), Vitamin C: 0.98mg (1.18%)